

Postpartum depression in the UAE

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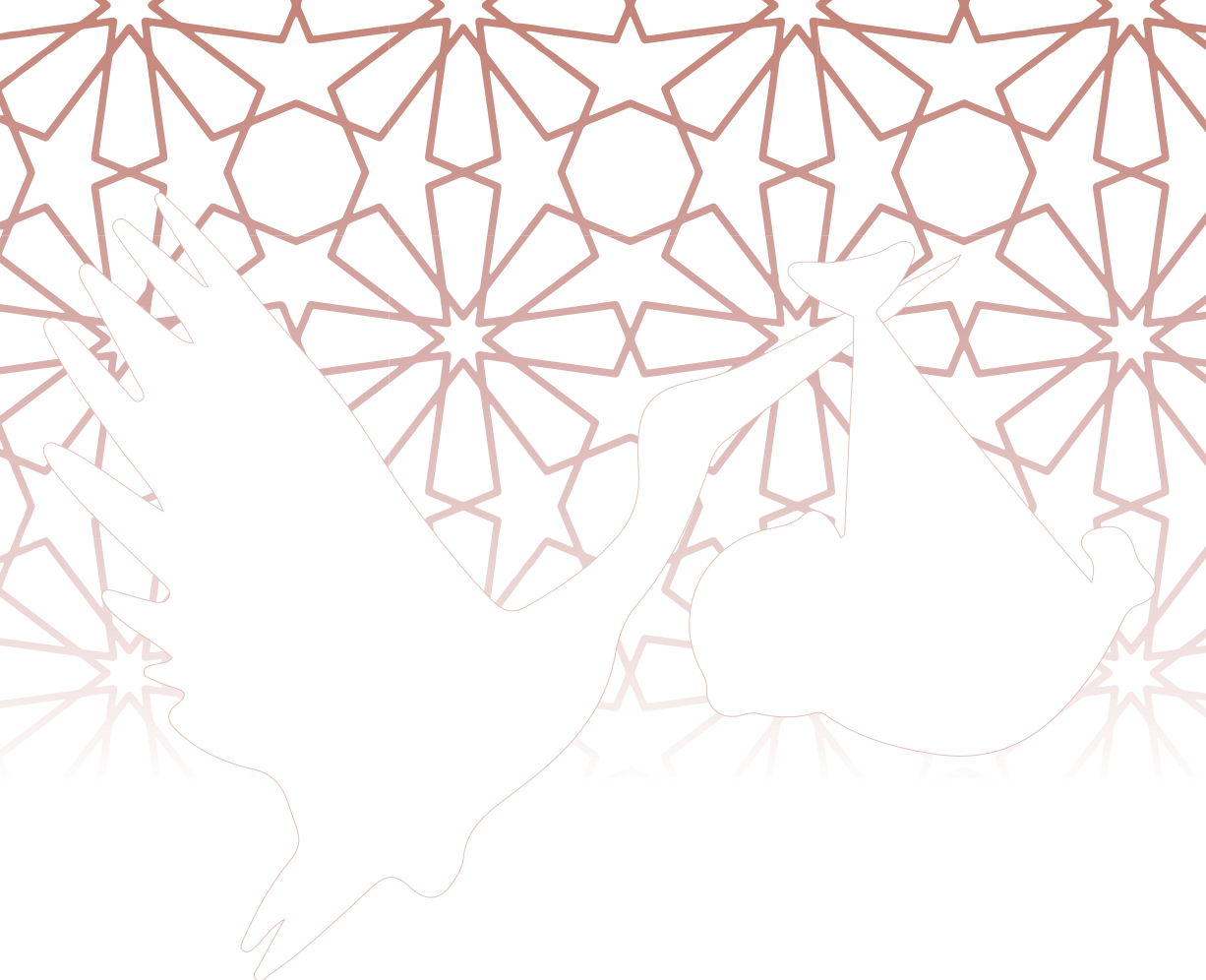
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POSTPARTUM DEPRESSION IN THE UAE

Insights, Challenges,
and Pathways to Support

Nivine Hanach

Propositions

1. Partner support is paramount in shaping a woman's postpartum mental health. *(thesis)*
2. Tailoring digital platforms for postpartum women could mitigate hurdles related to stigma and the limited accessibility of support resources. *(thesis)*
3. Cultural beliefs and norms exert a profound influence on mothers' interpretation of postpartum depressive symptoms and their attitudes toward seeking professional support. *(thesis)*
4. Recognizing the multifactorial nature of postpartum depression underscores the importance of a collaborative care approach to improve maternal mental health outcomes. *(thesis)*
5. Engaging in online peer-support groups can foster a sense of belonging and community, especially for expat mothers, by providing a valuable source of emotional support and validation during the postpartum period. *(thesis)*
6. Addressing postpartum depression not only improves maternal mental health outcomes but also alleviates the societal burdens associated with untreated cases, ultimately nurturing the well-being and cohesion of the mother, her infant, and the community. *(impact)*
7. Promoting health and digital literacy should be prioritized for national UAE initiatives.
8. Interventions should be designed and implemented with, not for, the targeted community.
9. Encouraging cooperation between various healthcare authorities and academic institutions in the UAE could enhance research capacities in mental health.
10. "Never hesitate to go far away, beyond all seas, all frontiers, all countries, all beliefs."
~ *Amine Maalouf.*
11. "Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself" ~ *Rumi*